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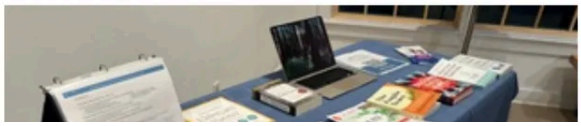
NEWS

Winchester event highlights caregiving challenges, opportunities faced by ‘Sandwich Generation’

June 11, 2025 . 12:00 PM — 1 min read



An audience of about 40 individuals gathered last month at the Griffin Museum of Photography for an engaging and insightful program hosted jointly by Winchester’s Parent to Parent and the Winchester Council on Aging. COURTESY PHOTOS

The following was submitted by Winchester’s Parent to Parent:

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An audience of about 40 individuals gathered last month at the Griffin Museum of Photography for an engaging and insightful program hosted jointly by Winchester's Parent to Parent and the Winchester Council on Aging.

The event focused on the realities and responsibilities of the "Sandwich Generation"—those who are simultaneously raising children and caring for aging loved ones.

The featured speaker was Liz O'Donnell, author of "Working Daughter," who spoke candidly — and movingly — about the emotional, financial, and logistical challenges faced by caregivers.

O'Donnell offered practical tips for managing stress, building a care "team," and advocating for both oneself and one's loved ones. Her talk resonated deeply with the audience, many of whom nodded along in recognition of shared experiences.

In addition to the presentation, attendees had the opportunity to browse a selection of books on elder care and review helpful checklists and resource materials. A table hosted by the Council on Aging offered handouts and information about local resources and programs for caregivers.

The evening also marked the launch of two new initiatives by the Winchester Council on Aging: a Resource Hub Website with caregiver resources and a Facebook page (Winchester Caregivers Network) designed to create a forum that fosters community and connection among local caregivers.

Caregivers can already find many useful supports at The Jenks Center, including support groups, a caregiver respite program, a workshop about Solo Aging, an experienced social worker and nurse, and so muc

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This program is part of Parent to Parent's 2024-2025 Speaker Series of educational events, aiming to inform and support families across generations.

For more information, visit www.parenttoparentwinchester.org.

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Winchester gun owners face new training rules starting April 2

Public safety data How Winchester compares on firearms licenses in comparable Massachusetts communities Active licenses as of Jan. 25, 2025 — Source: Massachusetts Criminal History Systems Board License to carry firearms Firearms identification card Winchester and Marblehead are the focus communities. Peers selected based on comparable population size, demographics and suburban

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Sen. Jason Lewis, Mass. Senate strengthen fair housing protections for renters, buyers

The following was submitted by the Office of Sen. Jason Lewis: State Sen. Jason Lewis joined his colleagues in the Massachusetts Senate to pass legislation that protects residents from discrimination in the housing market as the Trump administration abandons its enforcement of the federal Fair Housing Act. Illegal discrimination continues

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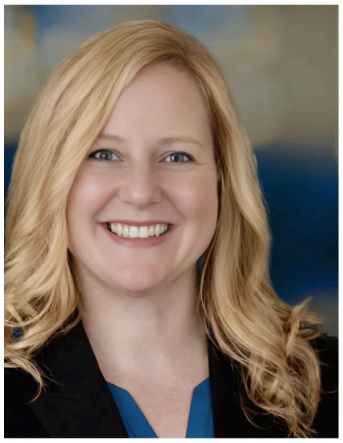

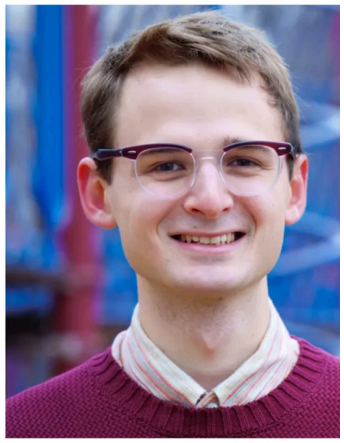

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FEATURES

'Chicago: Teen Edition' dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester High School presents "Chicago: Teen Edition," a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. Set in the 1920s, this iconic production is sure to leave the audience wanting more. Performances will

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March 4, 2026

EVENTS

Ripley Chapel in Winchester presents 'Syldason: You Are Welcome Here'

The following was submitted by the Ripley Chapel at First Congregational Church: On Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

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